SUMMARY

VIETNAM NUTRITION SITUATION

Luang Prabang, Laos, 16-18 March 2016

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- Population: about 92 million
- GDP/capita: USD 1960
- Area: 331.212 km$^2$
- Provinces: 63
- Ecological zones: 6
- Climate: Humid, subtropical in the North; tropical in the South.
Prevalence of underweight-children under 5 in 2014

- All ecological zones: 14.5
- Red River Delta: 10.2
- Northern midlands and mountain areas: 19.8
- North Central area and central coastal area: 17
- Central highland: 22.6
- South-east: 8.4
- Mekong river delta: 13

Prevalence of overweight-children under 5 in 2014

- All ecological zones: 3.5
- Red River Delta: 3.1
- Northern midlands and mountain areas: 2
- North Central area and central coastal area: 2.8
- Central highland: 2.3
- South-east: 6.5
- Mekong river delta: 4.3

Prevalence of stunting- children under 5 in 2014

- All ecological zones: 24.9
- Red River Delta: 20.3
- Northern midlands and mountain areas: 30.7
- North Central area and central coastal area: 28.1
- Central highland: 34.9
- South-east: 18.3
- Mekong river delta: 24

Prevalence of obesity-children under 5 in 2014

- All ecological zones: 1.3
- Red River Delta: 1
- Northern midlands and mountain areas: 0.8
- North Central area and central coastal area: 1.2
- Central highland: 0.9
- South-east: 3.4
- Mekong river delta: 1.6
Prevalence of underweight, stunting, wasting in children 5-10 years old (General Nutrition Survey 2010)

- Underweight: 24.2%
- Stunting: 23.4%
- Wasting: 16.8%

Prevalence of overweight in children 5-19 years old (General Nutrition Survey 2010)

- All ecological zones: 9%
- Red River Delta: 7%
- Northern midlands and mountain areas: 8%
- North Central area and central coastal area: 8%
- Central highland: 4%
- South-east: 7%
- Mekong river delta: 19%

Prevalence of CED in adults (General Nutrition Survey 2010)

- All ecological zones: 17.2%
- Red River Delta: 20.8%
- Northern midlands and mountain areas: 14.1%
- North Central area and central coastal area: 20.1%
- Central highland: 13.7%
- South-east: 13.5%
- Mekong river delta: 15.4%

Prevalence of overweight in adults (General Nutrition Survey 2010)

- All ecological zones: 5.6%
- Red River Delta: 4.3%
- Northern midlands and mountain areas: 2.2%
- North Central area and central coastal area: 3.5%
- Central highland: 3.3%
- South-east: 10.7%
- Mekong river delta: 8.5%
Prevalence of anemia in children under 5 in 2015

- Urban: 22.2
- Rural: 28.4
- Mountain: 31.2
- All: 27.8

Prevalence of anemia in women of reproductive age in 2015

- Urban: 20.8
- Rural: 26.3
- Mountain: 27.9
- All: 25.5

Prevalence of anemia in pregnant women in 2015

- 1st trimester: 28.9
- 2nd trimester: 32
- 3rd trimester: 37
- All: 32.8

Prevalence of anemia in 2000 and 2015

- Children under 5 y: 36.6 (2000) 27.8 (2015)
Prevalence of sub-clinical Vitamin A deficiency in children under 5 in 2015

Prevalence of vitamin A deficiency based on breast milk in 2015

Prevalence of zinc deficiency in children under 5 in 2015

Prevalence of zinc deficiency in women of reproductive age in 2015
ACTION BEING TAKEN REGARDING MALNUTRITION

- Nutrition Information Education and Communication (proper nutrition for pregnant women, lactating mothers, infants, young children, breast feeding...)
- Supplementation: Vitamin A, Iron-Acid Folic
- Food fortification
- VAC system
- Ensuring clean water and sanitation
- Immunization
WHAT IS WORKING

- Vitamin A supplementation was implemented nationwide since 1996 for children 6-36 months old, twice a year on the 1\textsuperscript{st} of June and December.
- Vitamin A supplementation for mothers within 1 month after birth.
- Iron and folic acid supplementation for pregnant women and non-pregnant women 15-35 years old in 10 disadvantaged province during 1996-2008.
- NIEC: Launching the Micronutrient day 1\textsuperscript{st}-2\textsuperscript{nd} of June; Nutrition and Development Weak during 16-23 October every year since 1996.
WHAT IS WORKING

❖ Food fortification:
  ❖ Iron fortified fish sauce project was implemented during 2005-2009.
  ❖ From 2012-2015: Fortifying bouillon cube with iron, zinc and Vitamin A, in collaboration with Unilever, Ajinomoto and Nestle. In addition: soya sauce is also fortified with iron, iodine.
  ❖ Fortifying infant powder with multiple micronutrients
  ❖ Daily Multiple micronutrient supplementation for children 6-12 months old.
THANK YOU FOR YOUR KIND ATTENTION